



## BASIC SKILLS OF ADULTHOOD

Whether you're out on your own for the first time or facing a new life challenge, you need some basic skills to succeed. Learning to cook for yourself and doing minor home repairs is a great start. Then you can focus on other things like how to ask for what you want, learning to say "no," or how to handle an emergency. Your Employee Support Program can help you get an "A" in Life 101.

### ONLINE SEMINAR

#### DIY: Apps and Guides for Household Management

Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.

Visit your home page starting May 15th:

[www.uhs.net/EAP](http://www.uhs.net/EAP)

USERNAME: **CVCS**

PASSWORD: **employee**

If you do not know your sign-on information, call: 607-763-6474

TOLL-FREE: 866-649-2392

COUNSELING: 800-445-3569

607-763-6474



Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.